

DINNERLY



Spicy Thai Mushroom 'Meat' Red Curry with Capsicum and Jasmine Rice



25 minutes



2 Servings

Give your tastebuds a trip to Thailand with a fragrant red curry. This vegan-friendly version is made with mushroom 'meat' and capsicum simmered in a rich coconut sauce.

- 150g jasmine rice
- 1 green capsicum
- 1 onion
- 30g red curry paste ⁶
- 200ml coconut milk
- 250g mushroom meat ⁶
- 2 vegetable stock cubes

WHAT YOU NEED

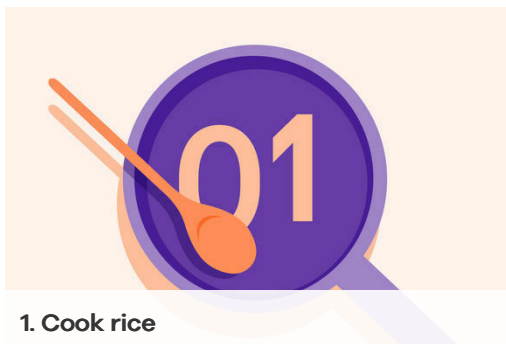
- 2 garlic cloves
- 2 tbs vegetable oil

- small saucepan with lid
- medium deep frypan

ALLERGENS

Soy (6). May contain traces of other allergens.

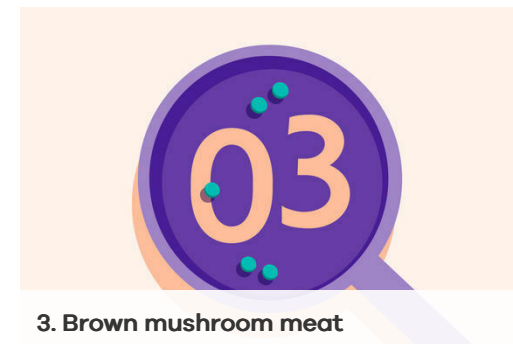
Energy 890kcal, Fat 59.3g, Carbs 84.8g,
Proteins 24.9g



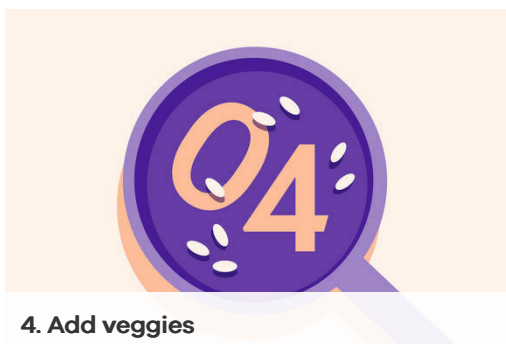
Rinse the **rice** until the water runs clear. Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



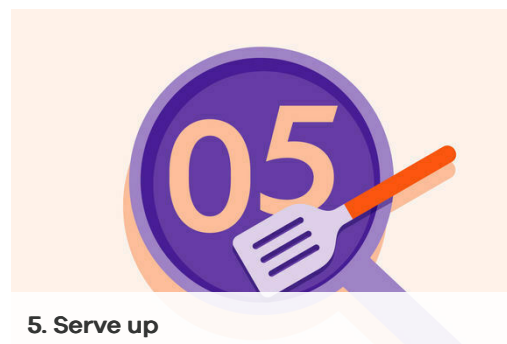
Meanwhile, thinly slice the **capsicum** and **onion**. Crush or finely chop **2 garlic cloves**. Combine the **curry paste** and **coconut milk** in a bowl.



Heat **2 tbs vegetable oil** in a medium deep frypan over high heat. Stir-fry the **mushroom meat**, breaking up the lumps with a spoon, for 2-3 mins until browned.



Add the **capsicum, onion** and **garlic** to the mushroom meat and cook, stirring, for 2-3 mins until the onion is tender (see Kitchen 101). Crumble **1 stock cube*** into the pan, add the **coconut milk mixture** and **125ml (½ cup) water** and bring to the boil.



Reduce the heat to low and cook, stirring often, for 10 mins or until the curry is slightly thickened and the mushroom meat is tender. Taste, then season with **salt and pepper**. Divide the **rice** and **curry** among bowls and enjoy.



If the vegetables start to stick, add a little water to the pan. This creates steam and will ensure your veggies cook without burning or needing more oil.



**Packed in Australia
from at least 25%
Australian ingredient.**